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THE ANTI-VACCINATION CRUSADE.

By H. LINDLAHR, M. D.

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"To vaccinate or not to vaccinate," that is the question of the day in Chicago.

In order to solve this much discussed problem intelligently and rationally it becomes necessary to understand the true nature of acute and chronic dis-

Modern "regular" medical science is built on the germ theory of disease. The microscope discloses to the astonished eye of science the wonders of the world of micro-organisms. Many forms of disease are found to be accompanied by the production of certain kinds of germs, bacteria, and parasites.

In malarial diseases we find in the blood in great numbers the plasmodion malariae; in cholera, the cholera bacilus; in consumption, the tubercle bacilus, etc., and forthwith scientists argue that these germs are the true causes of disease. As a natural corollary to this

assumption they further conclude that in order to cure the disease they must kill the germs.

From these premises have evolved our modern theory and practice of medicine and surgery, culminating in the lymph, serum, vaccine, and antitoxin therapy.

Kill the bug and cure the disease, that sounds plausible—but is it true?

Only a few years ago the world was all aglow with excitement over Dr. Koch's wonderful discovery, and he was heralded as one of the great saviors of humanity. He claimed that the tubercle bacillus was the cause of consumption, and that his tuberculin, a decoction of tubercle bacilli, was certain death to the bacilli and a sure cure for consumption. The German Parliament, in the first great excitement over the wonderful discovery, presented to him in the name of the nation a vote of thanks, and the sum of 100,000 marks.

From all parts of the world consumptives and those who were in dread of becoming such came to try the new treatment. But, alas, to-day tuberculin is almost forgotten. Only here and there a lone fakir poses as the original Dr. Koch from Berlin, and sells to poor

NATUROPATHY IN CALIFORNIA.

The recent passing of a law legalizing the practice of Naturopathy in all its branches in the State of California, marks a new era in the dissemination of truth; it will be a great step toward prevention and cure of disease, and ensure safer and saner methods in the treatment of the sick, and especially those who have sought in vain relief from their ailments by the old medical systems.

Like the establishment of every great truth, this victory has been brought about after many vicissitudes and hard struggles against the well enforced Medical Trust. which claims to have a monopoly in the art of healing, and looks upon those who successfully work along more progressive lines

with envy and suspicion.

Southern California, with its unsurpassed climate and topographical conditions, is really Nature's Sanitarium, where one can enjoy the cooling breezes of the ocean, as well as the pure and invigorating air of the foothills and mountains, the fragrant flowers, and delicious fruits in their endless varieties during all seasons of the year. When howling blizzards sweep down upon the Eastern and Middle States, making all out-door life nearly impossible, the golden orange ripens under the sunny skies at the foot of the snow-capped mountains. The unrivalled facilities and opportunities which are offered by the Golden State are making it more and more the mecca of health seekers every year, and the number of those who come to the "land of sunshine," not only for the cure of disease, but also for rest and recreation, is constantly increasing.

As people are getting weaned from the practices of the old orthodox medical school, they become more interested in the natural methods of healing, and the demand for competent practitioners and teachers is likewise on the increase and offers great opportunities for those who want to study and practice the treatment of disease along naturopathic lines.

Dr. Carl Schultz, the founder of the Naturopathic Institute and Sanitorium of California, Los Angeles, is really the pioneer of the movement in California. He is also the first and so far only naturopathic physician on the Pacific Coast, who employs the widest scope of natural meth-ods in the treatment of his patients. There ods in the treatment of his patients. are many practitioners who confine themselves to one single method, like osteopathy or chiro practices, disregarding more or less other means of restoring health. Dr. Schultz's system of treatment comprises the good that is in all methods of healing and applies it successfully in each individual case. The following branches of naturopathy are taught and practiced: Light, Air, and Water Cure, Massage, Swedish movements, Vibration, Electricity, Osteopathy, Chiropractice, Orthopedic Surgery, Physiological Chemistry, Natural Dietetics, etc., thus giving the patient greatest possible benefit.

The operative treatment of diseases strictly excluded. The knife of the surge constantly sends hundreds to an early gra and cripples thousands for their lifetin when the application of the simple teae ings of hygiene would have saved the po victim. It is the more and more appare inability of allopathy which brings surge into prominence, and there is no bodi organ which has not yet been operated and declared unnecessary. There show never be a surgical operation performed b fore the patient has given our natural hea ing methods a fair trial.

There is not one person on whom a operation was performed, for instance the removal of the appendix, who has not to complain of lighter of graver consequences such as depression of mind, anger, vexation irratibility, nervousness, digestive troubles etc., although the appendix is an unnec-essary part of the body, according to the

views of allopathy.

Dr. Schultz has successfully treated many patients who were condemned to the operation table for appendicitis, and who recovered under naturopathic treatments. Professional surgeons, for lack of experience in other than surgical measures, rarely have clear ideas of curative possibilities. A large prospective fee proves too tempting for many surgeons.

Another advantage is the location of Dr. Schultz's Naturopathic Sanitarium College, in the Metropolis of Southern California. Los Angeles bids fair to become the leading city of the Pacific Coast in wealth, beauty, art and sciences. Through the San Pedro Harbor and the Owens River Aqueduct, Los Angeles will enjoy advantages which are not equalled by any city in the United States. While the city has had a phenomenal growth in the past, more than doubling its population in the last ten years and having now over 300,000 inhabitants, it is very probable that in an-other decade, it will be nearing the one million mark, without having the bad features of the eastern cities of the same size.

The city of Los Angeles will remain essentially a city of small homes and gardens, while the surrounding country will be dotted with orchards and vineyards with broad macadamized highways leading in all directions from the mountains to the sea. Compared with other cities, the cost of living in Los Angeles is low; the market affords a variety of fresh fruits and vegetables at very moderate prices all the year round, which will be welcomed by all those who prefer a natural and hygienic diet in accordance with the teachings of nature

Dr. Schultz's Naturopathic Institute and Sanatorium is centrally located, two blocks west of Central Park, on the quietest sec-tion of South Hope Street, near Sixth Street, and can be easily reached by various car lines. The Sanatorium has large open porches and a nice secluded garden.

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rooms for patients are bright and sunny. steam heated, in winter and comfortably furnished. The diet is simple, but wholesome, all condiments, pastries and stimulating beverages are eliminated; the combinations of foods are taught to the patients.

The Sanatorium is open to convalescents. persons in need of careful diet and rest and to patients with acute and chronic diseases, such as appendicitis, diabetes, Bright's disease, gout, rheumatism, spinal curvature, all deformities, paralysis, stomach and female complaints, etc.

One of the essential features of the Sanatorium is scrupulous cleanliness in all its departments, as the leading motto in the restoration of health is "cleanliness is next to godliness.'

HYPERMEDICATION.

I noticed in the December number of the Naturopath, in an article by Dr. Charles MacFadden, of Chicago, the term "Hypermedication," as applied to diseased conditions resulting from too much drugging. I have just finished treating such a case, which may interest your readers.

Fourteen months ago a man came to me from Sparks, Nev., to be treated for rheumatism, which he said had afflicted him for over 30 years, during which time he had taken "a shipload of medicine" and had "suffered many things from many physicians," with little relief and no permanent benefit, as he had slowly grown worse until at the time he came to me he was a most pitable nervous and physical wreck, and his mind was also greatly weakened. He was taking 80 grains of asperin per day, but was still unable to sleep much, on account of the pains which reached every nerve in his body. After carefully going over his case and studying on it for a week, I came to the conclusion that he had not and never had rheumatism, but was and had been suffering from drug poisoning. I so informed him and his wife, and told them that I would take the case on condition that absolutely all drugs be discontinued. For two months there was but little improvement, the drugs having put his system into such a state of inaction that reaction seemed almost impossible, for though the pain had greatly lessened and he was sleeping much better, he seemed to gain no strength and was mentally as depressed as ever. At the beginning of the third month he began to gain strength, and to lay on a little flesh. I now cut the treatment down from three to one a week, so as to give nature a show, and he continued to improve till June, when I discharged him for the summer.

In September he came back saying, that while he had held his own during the hot weather, he was making little, if any, pro-

gress. I began treating him once a week. and he soon began to gain rapidly, and at the present time is able to attend to his duties as machinist in the railroad shops, at Sparks, and says he feels so much better than he ever expected to that he con-siders himself entirely cured. During all the time he has been under my care I have never had occasion to change my first diagnosis, but am now more than ever convinced that drugs alone were responsible for his condition. I suggest that naturopaths add another disease to the list already known to medical science, called "Dopeitis," for the West and "Drugitis" for the East, the disease to be classed with alcoholism, nicotine poisoning and the opium habit. J. P. BEAN, N. D.

Reno, Nev.

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